

## HEAT'S HARVEST OF DEATH

## Six People Fatally Stricken by the Sun's Fierce Rays

Thirty-six Prostrations Officially Reported, and Many Other Cases Privately Treated—Hotter Days, as Record So Early in the Season.

Six persons dead and thirty-six prostrated by the heat is the official record of yesterday, the warmest day Washington has ever experienced this early in any season within the history of the Weather Bureau, covering a period of thirty years.

The dead are:

CHARLES P. SCHOLL, white, 615 D Street northwest.

JOHN FARRELL, white, forty-five, 5311 I Street northwest.

JOHN FARRELL, white, forty-five, 5311 I Street northwest.

KATE SILBERS, white, thirty-two, 1296 Twenty-third Street northwest.

LOUIS ASHTON, colored, sixty years, 1296 Twenty-third Street northwest.

MOLLIE COATES, five-months-old colored child, address unknown.

Esther Weston, white, forty-five, is unconscious at Garfield Hospital, and for a time it was thought she could not recover. She was found helpless in a vacant lot at Fourteenth Street and Howard Avenue.

Those prostrated and treated at the Emergency Hospital are:

Mary Thomas, colored, twenty-four, 2435 Snow's Court.

Dennis Trumby, colored, twenty-six, residence unknown.

John Renard, sixty-four, white, stranger in town, fell Ninth and B northwest.

Joseph Marshall, twenty-nine, colored, 219 Fourth and a-half Street northwest.

J. Hill, white, 23 I Street northwest.

Richard Green, fifty, colored, 43 School Street southwest.

Samuel Samaras, sixty, white, residence not given.

James Fitzgerald, sixteen, white, residence not given.

Joseph Miller, twenty-seven, colored, 1719 N Street.

James Henry, white, 141 Virginia Avenue southwest.

Jennie Harris, seventeen, colored, 19 Becker Street northwest.

Mrs. Mollie Barnette, thirty-five, white, 615 D Street northwest.

Columbus Carvey, white, residence not given.

John Igey, fifty-six, white, 1214 E Street southwest.

John Delaney, white, 230 Virginia Avenue southwest.

John Faromes, sixty, white, residence not given.

Charles Francis, 713 Seventh Street northwest.

Nina Gruber, eight months old, 619 Ninth Street northwest. Sent to Children's Hospital.

Henry Jones, seventy-five, white, residence not given.

Levy Johnson, twenty-four, colored, 157 I Street northwest.

Mamie Thompson, twenty, colored, 270 Vermont Avenue northwest.

Clarence Schultz, twenty-seven, white, 915 Virginia Avenue southwest, condition serious in ward.

Matthew Hall, colored, twenty-one, 616 K Street southwest.

John Adams, twenty-seven, colored, 37 Virginia Avenue southwest.

Henry Jones, forty-two, colored, 271 N Street northwest.

Daniel Green, thirty-six, colored, 1319 Thirteenth Street northwest.

Treated at Casualty Hospital:

George Turner, twenty-seven, white, colored, 1319 Thirteenth Street northwest.

John Bayor, seventy, colored, 2109 Eleventh Street northeast.

Mary Betters, fifty, colored.

Alexander Forrest, sixty-one, colored.

F. J. McCauley, white, 1508 Seventh Street northeast.

Reuben Burke, forty-six, colored, 881 Eighth Street northeast.

Beattie Taylor, white, 1212 Second Street northwest, treated at Providence Hospital.

Unknown man treated at Providence Hospital.

Percy Turner, colored, twenty-seven, residence unknown, treated at Georgetown University Hospital.

James B. Lockwood, white, fifty, 812 I Street northwest, overcome on Bright Avenue, near Pope's Station, taken home by ambulance from Freedman's Hospital.

It is considered that the number of cases of heat prostration which were treated at the homes of the patients and not reported to the police or at the hospitals will foot up to about seventy.

Charles P. Scholl was acting chief draftsman at the Agricultural Department. He left his office at 4 o'clock yesterday afternoon and started home. En route he stopped at Margra's tailor shop, Sixth and D Streets northwest, and complained of feeling ill. He went to the home of his uncle, 615 D Street, took a cold plunge in the bathtub, and placed ice on his head. Said he felt better, and thought he was going to have typhoid fever. He sent for a bottle of paracetic, took a dose, and Dr. Newman was called. The physician was unable to render him any assistance, and he died at 9:30 o'clock.

Scholl was a member of the Knights of Malta and of the Knights of Pythias. He was past grand commander of his lodge.

John Farrell was overcome by heat at the gas works. He was hurried to the Emergency Hospital, where the temperature of 107 was somewhat reduced under treatment, but he died at 10:30 o'clock last night.

Joseph Seipe, 813 Maryland Avenue northeast, fell at Ninth and F Streets. He was taken to the Emergency Hospital, where he died. He was also affected with tuberculosis.

Kate Silbers was found dead at her home, 1296 Twenty-third Street. Physicians called to attend her stated that she died from heat prostration. She was alone when taken ill and died before she could be removed.

Louis Ashton had been working in a ditch in the Southwest part of the city, and suddenly was stricken by the intense heat. He was removed to his home, 1214 E Street, where he died before he could be removed.

First and South Capitol Streets, where the ambulance was summoned. Dr. Stewart, who responded to the call, noted the man's high temperature, which he estimated to be 107, and lost time in making hurried arrangements to take him to the Emergency Hospital. It is said the man's life probably might have been saved had he been taken to the hospital in an ambulance reached the corner of Ninth Street and Maryland Avenue southwest, where the ambulance was summoned. The ambulance was not available, and the man's life was lost. The ambulance was summoned at 10:30 o'clock, but it was not available until 11:30 o'clock, when it was too late.

The official thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees. The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

The thermometer at the Weather Bureau yesterday registered 106 degrees at 5 o'clock, and at 6 o'clock last night it had only fallen to 85 degrees.

## TO AVOID HEAT STROKES.

## Dr. William C. Woodward's Views on a Timely Subject.

The Warning and Cooling of the Body by Natural Means Should Be Moderate on Hot Days. Detecting Symptoms of Exhaustion.

At the request of The Times, Dr. William C. Woodward, the District Health Officer, has contributed his views on the subject of the proper cooling of the body in hot weather. He shows how the body is naturally heated, and how the rigors of a warm climate may be withstood by proper attention to clothing, food, drink, and exercise. Dr. Woodward's advice will be found particularly valuable in the extreme of heat which Washington is occasionally visited in summer. He says:

"It is a matter of common knowledge that in health, the temperature of the human body is remarkably uniform, no matter what may be the temperature of the air or other medium surrounding it. This results from the nice adjustment of the amount of heat generated within the body and the amount of heat given off by it. Every manifestation of life means practically the generation of heat. Muscular effort, the energy devoted to the digestion and absorption of food, and in fact, even mental effort, contribute toward the heat of the body. Heat is radiated from the surface of the body and given off, to a certain extent, in the process of warming such cold substances as are taken into the stomach, and in the process of warming the air by the heating and moistening of the air before it enters the lungs. The great channel, however, through which heat leaves the body is the skin. In hot weather the surface is relaxed and the pores are dilated, and the surface is larger. It carries to the heat, generated largely in the interior, and there it is gotten rid of by radiation by conduction, and by the cooling which results from the evaporation of perspiration."

"These preliminary remarks are necessary to a proper understanding of the precautions to be taken to maintain health during hot weather. Such precautions may be classed under two heads: First, means to diminish the heat generated, and second, means to favor the dissipation of heat. The available means under the first head are comparatively few, and may all be summed up as simply avoidance of excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the digestive apparatus. As the dissipation of heat is a continuous process, work, if done slowly and continuously, will not increase the quantity of heat generated is disposed of through the usual channels. A sudden effort, especially if continued, may, however, be sufficient to upset the balance and cause heat stroke or heat exhaustion."

"The second head of precautions is to work as little as is necessary, quietly and gradually, spreading it over as much time as is practicable."

"The precautions to be taken under the second head are, first, to avoid excessive activity; abstention from all hard work, muscular or mental work, and avoidance of undue tax on the